

A STUDY ON METABOLIC SYNDROME IN PERSONS SUFFERING FROM SCHIZOPHRENIA TREATED WITH ANTIPSYCHOTICS

ABSTRACT

BACKGROUND:

Schizophrenia is a debilitating chronic illness, and is one of the most devastating psychiatric illnesses. Early and appropriate intervention with antipsychotics is an important treatment strategy for the patients with first-episode schizophrenia. Metabolic syndrome forms one of the most important therapeutic objectives in the treatment of schizophrenia. Psychiatrists treating people with schizophrenia, hence to balance the therapeutic benefit of antipsychotic medication with the risk of metabolic syndrome in present day treatment.

AIM:

To study the frequency and risk factors for the onset of metabolic syndrome in persons suffering from schizophrenia treated with antipsychotics.

METHOD AND MATERIALS:

It is a prospective study done for a period of twelve months (July2017-July 2018).The 100 samples were chosen from psychiatry outpatient department of Institute of Mental Health who were diagnosed as schizophrenia according to ICD 10 criteria. Divided them into two groups based on the antipsychotics they were started on. Group 1 patients were started on Haloperidol and group 2 patients were started on risperidone and olanzapine. Socio demographic details and risk factors as per semi

structured proforma were collected from groups 1 and 2. Blood samples collected from the group 1 and 2 at baseline, 1, 3, 6, 12 months of treatment with antipsychotics. Waist circumference blood pressure and BMI were measured for the group1 and group 2 at baseline, 1, 3, 6, 12 months of treatment with antipsychotics.

RESULTS:

In our study, the prevalence of metabolic syndrome in patients suffering from schizophrenia treated with antipsychotics at 12 months was 28%. The prevalence was high for the treatment with olanzapine (48%) when compared to haloperidol (18%) and risperidone (20%). Strong association was present between risk factors (age group of 36-40 years of age, positive family history and obesity) and development of metabolic syndrome in schizophrenia patients treated with antipsychotics.

CONCLUSION:

Prevalence of metabolic syndrome is higher among the patients with schizophrenia treated with antipsychotics. Prevalence is higher among the patients treated with the second generation antipsychotics. The prevalence of metabolic syndrome was associated with the increased risk of contracting cardiovascular diseases. It was associated with higher mortality, hence early diagnosis and intervention is mandatory in all schizophrenia patients treated with antipsychotics.

KEY WORDS:

Schizophrenia, Metabolic syndrome, haloperidol, olanzapine and risperidone.